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War food

Amy Littlefield Handy

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WAR FOOD

Practical and Economical Methods of Keeping Vegetables, Fruits and Meats

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WAR FOOD

Practical and Economical Methods of Keeping Vegetables, Fruits and Meats

BY

AMY L. HANDY

BOSTON AND NEW YORK
HOUGHTON MIFFLIN COMPANY
The Riverside Press, Cambridge
1917

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FOREWORD

If the women of the rural communities will consider carefully how they can help, this coming season, by utilizing the food that usually goes to waste, they will be surprised and begin to think that it is they who are to feed this poor old hungry and battered world.

The Government called a conference of state agricultural officials and representatives of the agricultural colleges to discuss the food situation in the present national crisis. In this conference they dealt with the whole matter in four divisions, one of which concerns us more than it does the men — Economy and Utilization.

There has been an impetus given to planting the home garden, and to be efficient it must be followed up by careful harvesting and the surplus stored or preserved in some way for winter use, that it may contribute

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its quota toward the help of human needs. There is something radically wrong when a rural community imports canned and dried goods and we should use all our efforts to combat this waste. We should bear in mind that everything that is conserved for home use releases just so much for the use of the Government.

It is the duty of every housekeeper to study the ways of storage and preservation of perishable food and to see that all fruit and vegetables not eaten when fresh are saved in some form for winter and spring use.

We do not eat enough fruit, and it is often looked upon as a table luxury. Because of its rather low nutritive value it is not estimated at its true worth and its importance is not appreciated. A dietician would tell us that where the supply of fresh meat and fish is limited, the stewed fruit is needed to balance the food allowance, and we know from experience that it rounds out a very simple meal into one that satisfies.

The living conditions in the home will be

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made better and cheaper by conserving these fruits and vegetables that in years past have gone to waste, and having them in a permanent form for the family table. With a good store of farm products in the cellar the meals will never become monotonous. We must not be discouraged by the high price of sugar and the shortage of jars. Many people still cling to the idea that sugar is necessary for the preservation of fruit. This is not so. All fruits are good put up without sugar and sweetened when they are to be used. They may be made into sauce or pies or cooked down and used for jam.

It is very desirable to can the fruit juice as it comes from the jelly bag and make it into jelly a quart at a time as it is needed; in this way it has a much fresher taste.

The later fruits and vegetables may be dried and some of the vegetables salted. For these no jars are needed and they are easily stored.

Mr. Hoover says, "If we do not economize in food-stuffs we stand a grave chance of los-

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ing this war. Our enemies are calculating that America will fail in this and that our allies will have to give in." He also says: "Out of our abundance have come many careless customs that must be curbed or changed. We must learn to imitate the race thrift of the housewife of France, who has so ably seconded the soldier members of her family by home saving. . . . Local products must be used instead of those from farther afield in order to save transport and to encourage local production."

I hope that the following recipes will prove helpful in carrying out Mr. Hoover's instructions.

AMY LITTLEFIELD HANDY

BARNSTABLE *June* 1917

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WAR FOOD

DRYING FRUITS AND VEGETABLES

THIS method of protracting the usefulness of the precious products of the earth is nothing new. Before the Christian era the sons of Ishmael dried dates and used them for the food of caravans toiling across the trackless deserts where there was no vegetation. They used the sun's rays to extract the moisture from the fruit and this method has many advocates to-day. It is perfectly practical for the country housekeeper and also for the city dweller if she has access to a sunny roof. Otherwise the work can be done in a cool oven with the door always open, to prevent overheating and to let the moisture escape, for this is all that is to be accomplished, extracting the moisture; no particle of the aroma, flavor, or food value is lost if the work is done as directed.

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Home-dried products are better than those done commercially because more attention can be given to details when doing a small amount, and they will find the same favor that is shown for home-made preserves. The process is no more difficult than that for canning and the dried food is more easily handled and stored. When once tried and the product used in the winter, this method of preserving will be in great favor with the knowing housekeeper who recognizes good things. Many prefer them to those that have been canned.

There is no fruit or vegetable that cannot be dried, although the methods differ somewhat. In every case they should be hurried into the sun or oven as soon as possible after preparing. The quicker they dry the better; this rapidity prevents decay and causes the color and the flavor of the fruit to be retained. It also has the advantage of converting a considerable quantity of starch into sugar, which in sweet fruits, such as peaches, is sometimes formed in such abundance as to

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appear in small drops on the surface. On the other hand, if the fruit is dried in the oven, care must be used not to have the heat great enough at first to start the juice to flowing in the soft fruits or to harden the outside of the other fruits and vegetables, for if either of these things happens the moisture cannot escape from the interior.

For sun-drying a place should be chosen that has the sun most of the day. Supports can be put on the sunny side of a building and shelves or cheesecloth can be fastened across them.

If the lawn is to be used, simple frames can be made like the drawing on page 4. They should be driven into the ground three feet apart, and a yard of cheesecloth with loops of tape on the ends fastened over the nails on the lower connecting bar. When the fruit is drying, netting should be thrown over the frames to keep away flying insects. If there are ants about, soak the lower part of the stakes thoroughly in kerosene and there will be no trouble.

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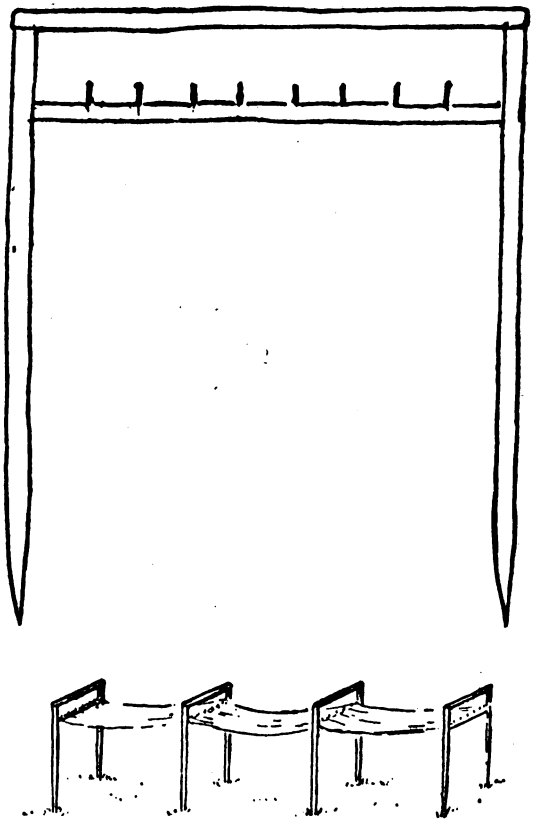

A SIMPLE FRAME FOR SUN-DRYING

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These frames can be used with boards instead of cloth, for drying fruit that is so moist that it must be put on plates.

When drying by artificial heat, a little more care must be taken to keep the temperature even. The fruit or vegetable must be prepared as directed for that especial variety and spread on plates, which must not be of metal. At first it will be necessary to turn or stir them often so that they will dry evenly and not cake together.

A simple evaporator and one that is practical can be made, from a common bread box, by a tinsmith. Have a round hole cut in one end and a brown-bread or pudding mould the size to fit into the teakettle soldered into it. When this is set into the teakettle, the cover of the bread box should open out like a door. It must be tight so that no steam will reach the inside of the box; the heat that generates in the mould goes up through the fruit and escapes through the holes that are usually in the end of a bread box for ventilation. If there are none, have some made. With wire

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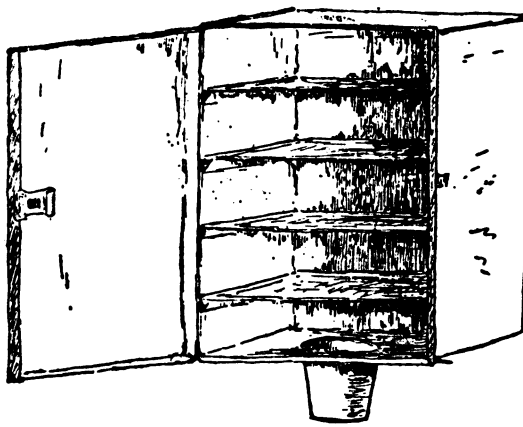

A SIMPLE EVAPORATOR

shelves it makes an evaporator that will give uniform results, and requires very little watching.

Women who have been home-drying their garden produce have different methods of storing it so that it will not get damp and mould. Usually they put it in cheesecloth bags or old sugar sacks and hang it in a warm place for a few days; over the stove is convenient. The bags should be tossed twice a

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day so that the product will dry evenly. After this finishing the vegetables are put into paper sacks and hung in any dry place where the mice cannot get at them. The attic seems to be a favorite storeroom, for there the bags can be hung from the rafters in safety.

If the work is done in a damp climate, more care must be taken to keep moisture away. Tin boxes and those made of pulp or manila paper coated with paraffin, are just the thing for storage; they can be sealed with adhesive tape or with paraffin and put in as dry a place as possible.

The individual recipes must be followed carefully, at the same time keeping in mind the general directions, and the results will be satisfactory.

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VEGETABLES, DRIED OR EVAPORATED

Asparagus

CLEAN the asparagus, pour boiling water over it, then plunge into cold water. Dry either on cheesecloth in the sun, on wire shelves in the home-made evaporator, or on plates in a cool oven.

Beans

GREEN LIMA BEANS. Plunge in hot water and then in cold; dry in moderate heat.

ALL SHELL BEANS. Even if shell beans seem quite dry when they are taken from the pod, it is wise to dry them either in the sun or in a cool oven before putting away.

STRING BEANS. Cook till tender and then drain and put in a rather hot oven at first; when they begin to dry have the oven cooler.

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Carrots

Peel or scrape, slice or cut in small strips, plunge in hot water and then in cold. Start them in a rather warm oven and finish in a lower temperature or in the evaporator.

Celery

Dry all the leaves and stalks that are not suitable for using fresh. Put through the meat chopper and store for seasoning.

Corn

Husk and remove all the silk with a stiff brush. Cut half the grain off and scrape off the rest, in this way getting all the milk and none of the cob. Put it in a granite ware pan and cook gently, stirring all the time, till the milk is all absorbed, or it can be done in a double boiler. Then put it on platters in a cool oven and stir often till thoroughly dry. This should be finished in one day if it is done carefully. Put it in cloth bags and hang over the stove or in some other warm place.

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Toss two or three times a day and when thoroughly dry store in paper bags and hang where it is dry. If the climate is damp put in boxes and seal the opening with adhesive tape.

Green Corn on the Cob

Turn back the husk all but the last thin layer. Hang in the sun or in a very warm oven. When it is to be used, soak overnight and boil till soft.

Mushrooms

Free from dust but do not wash. If they are large slice them. Dry in the sun or in a moderate oven, or in the evaporator.

Onions

Slice one-fourth inch thick and steam five minutes, then dry in oven. They may be dried without steaming if preferred.

Parsley and Other Herbs

Wash thoroughly and shake the water well out. Put in a rather warm oven at first

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to dry out all the water in which they were washed. Finish quite slowly.

Another good way is to tie in bunches, cover with cheesecloth, and hang over the stove or put on a radiator. When dry, put through a meat-grinder and store in bottles or jars.

Potatoes

These are useful for campers, for they are easily transported. Peel the potatoes, slice them thin, and dry on shallow dishes in the oven or on the wire shelves of the evaporator.

Potato Meal

Peel the potatoes and steam thirty minutes. Put through ricer and dry. Put the dry product through the meat chopper and store. This is a very good foundation for soups.

Squash and Pumpkin

Cut in halves, peel and take out the seeds and the fiber. Cut across so as to form rings.

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String on a clean broomstick or something of that sort. Put it in the sun or over the stove, protected from dust and flies by cheese-cloth. When thoroughly dry store in paper sacks.

Or cut in blocks and dry, in the oven or evaporator.

Tomato Pulp

Cut the tomatoes in quarters without peeling and boil till they begin to thicken. Press through a coarse sieve; spread the pulp on platters and keep in a moderate oven until dry and rubbery. Cut in squares and store. When needed put in cold water and simmer. This is an Italian method and very practical. It is always ready for sauces and soups.

Mixed Vegetables for Soup

It is best to dry each vegetable separately and combine them when they are stored.

Cut in straws and dry carrots, cooked string beans, potatoes, turnips, parsnips, celery or celeriac.

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Slice and dry onions and cabbage, add some dried corn and dried tomato pulp, a little dried parsley, and a few dried beans and peas. When all are thoroughly dry, mix in proportions to suit the taste. One fourth of a pound will make soup for ten people.

French Seasoning for Meats

One-half ounce thyme, one-half ounce bay leaves, one-half ounce sage, one-half ounce cloves, one-quarter ounce marjoram, one-quarter ounce rosemary, three-quarters ounce white pepper, one-half ounce mace, one-quarter ounce parsley. Dry thoroughly, grind and sift. Mix with four pounds of fine salt. Store in jars.

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FRUITS, DRIED OR EVAPORATED

Apples

THE apples should be dead ripe and tart for the best results. Peel and core, slice across so the slices form rings, or cut in eighths. If many apples are to be dried, an apple peeler saves time. There is also on the market a cutter that, pressed down on the apple, cores it and at the same time cuts it into eighths. Both are inexpensive.

SUN-DRIED. Have some arrangement for hanging the strings of apples on the sunny side of the house and protect them from flies with cheesecloth or netting. They are ready to pack away when they are free from moisture but are not hard. Apples that have been hanging in the open air should be dipped quickly in boiling water and allowed to dry before putting away.

OVEN-DRIED. Slice the apples, spread on shallow plates and put in a fairly warm oven;

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as they begin to dry reduce the heat. Turn occasionally. One clever woman dries her apples over the register of a hot-air furnace, and the work is done in two hours. Another puts them in cheesecloth on the radiator. They will also dry well on the wire shelves of the homemade evaporator.

With these methods no apple need go to waste and you will appreciate in March what you disdained in October.

French Method of Drying Apples and Pears

Wash carefully, and boil with stems on till tender; then carefully peel, saving all the juice. Dry in oven hot enough to bake bread. When cold dip in its own juice. Pack in stone jar.

Berries

All berries can be dried either in the sun or in the oven.

Candied Cherries

Boil 2 cups of sugar and 1 cup of water till it thickens, then drop in as many pitted

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cherries as it will hold; boil three minutes, take out cherries and drain on hair sieve or on a circle of cheesecloth with rattan run in the hem to fit over kettle. Add one cup of sugar to the syrup and boil again; when thick, add cherries and boil three minutes. Drain thoroughly and dry in the sun. Use syrup for spiced fruit.

Citron Melons

Peel, core and slice. Weigh and allow three-quarters pound of sugar to each pound of fruit. Put in layers in deep jars overnight with weight on top to press out the juice. Next day drain liquid and boil five minutes, add citron with one sliced lemon and a half teaspoonful of ginger to each pound. Simmer till syrup is thick and fruit transparent. Place on buttered dishes to dry in hot sun for three days. Store in wide-mouthed jars, covered.

Cherries

Cherries can be dried with the pits left in or they can be pitted. They are easily done

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either in the sun or in the oven, and there is no fruit that keeps so much of its richness.

Greengages

These may be dead ripe and should be dried like peaches.

Peaches

Scald, then plunge into cold water and peel, or simply rub off the fuzz with a towel. Cut in halves and take out the stone. If the flavor of the pit is liked, crack a few of the stones and slice the pits over the peaches. The fruit should be ripe and started in a slow oven and as the peaches begin to dry the heat should be increased. Be careful not to have the heat strong enough to start the juice. They must be turned from time to time. They should be finished in one day. The quicker the better for the flavor.

Pears

The pears should be ripe but not too soft. They should be peeled and quartered if large,

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if small, cutting in halves will be sufficient. Begin with moderate heat so as not to start the juice; when they begin to dry increase the heat but remember that 212F spoils the fruit. Turn occasionally as they dry.

There is a famous French method of drying pears. They are peeled and quartered, then boiled for five minutes in a syrup made in the proportion of one cup of water to one of sugar. Drain off the syrup and put the pears in a moderately warm oven for twelve hours. After they are thoroughly cool put them in the oven again and keep them there until sufficiently dry to keep.

Plums

Stone the plums and lay cut side up; fill cavity with sugar and dry in the sun; add sugar as long as there is juice to take it up. When half dry press flat with plates and finish in the sun or oven.

Plums can also be dried with the stems on and stones in.

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Rhubarb

Wash the stalks and cut in strips without peeling. Spread on plates and put in a fairly warm oven. The oven must not be so hot that it will start the juice flowing. Turn the rhubarb occasionally so that it will dry evenly. To use, soak overnight and cook slowly the next day. It has a fine flavor, but not as good a color as the canned rhubarb.

Peach Leather

Dip the peaches in boiling water and then in cold; peel them, take the pits out, and mash through a coarse sieve. To each quart of pulp add half a cup of sugar and mix well: cook for two or three minutes and then spread on plates and dry either in the sun or a warm oven. When it looks like leather and can be lifted from the plate with a knife it is done. Dust with white sugar and roll it up. Keep in a dry place.

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MEAT

Not enough attention has been given to the home preservation of meat. Salting has been about the only method used and that reduces the nutritive value and the meat when salted is not as digestible as the canned product.

To Dry Meat

(*An important recipe*)

Free the meat from fat, sinews, and veins. Put through meat chopper. Dry this slowly, but not so slowly that it will spoil; a moderate oven will do. When dry put again through the meat chopper; this will make it a powder. Dry again and store in tight jars. This meat powder simmered in water makes a soup of unsurpassable quality, and a little added to dried vegetable soup gives it the needed flavor.

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To Corn and Can Beef

Buy fresh beef, any inexpensive cut. Wash well and put to cook in brine made in the proportion of one cup of salt, two tablespoonfuls of sugar, and four raisins to every gallon of water. Bring to a boil quickly and then simmer very slowly till tender. Cut in convenient pieces and pack in jars. Fill with the brine that it was cooked in, weakening with water till it is not too salt to the taste. Half seal jars and process three hours. Seal at once and keep in a cool, dark, dry place.

To Can Chicken or Fowl

Clean fowl as soon as it is killed, plunge into cold water, and when it is thoroughly cold cut it in convenient pieces and pack in jars. Allow one teaspoonful of salt to each quart jar and fill jar with boiling water. Half seal and process four hours. Seal air tight as soon as each jar is taken from the boiler. Test the jars the next day by undoing the wire snaps and trying to lift the

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cover. If it will come off in the hand the contents of the jar will not keep, and the work must be done again.

Store in a cool, dark, dry place. When the jar is opened, a noise of air rushing in indicates that the jar was air tight and the contents are all right to use.

Redwood Process of Preserving Meat

The meat is freed from fat and is fried in deep paraffin; when the crackling sound, which shows that there is still escaping steam, stops, remove the meat from the paraffin. When quite cold dip it in paraffin that is only warm enough to be just melted. The coating thus obtained is elastic and adheres well. When the meat is to be used dip it in water hot enough to melt the paraffin. This is highly recommended for its ease and the excellency of results. Keep in a cool dry place.

To Keep Fresh Pork in Lard

Take pieces of side meat or any part without bone, salt and pepper it to taste and

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roast it till well done but not scorched. When well cooked, pack the pieces in a stone jar, then fill all the spaces between and cover the top with fresh melted lard. Tie heavy paper and cloth over the top of the jar and set away in a cool, dry place. This will keep until warm weather comes. The lard is perfectly good for cooking after the meat is used.

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THE WATER-BATH METHOD

Success depends upon careful attention to the following rules, which are simple enough to be used in any kitchen. The utensils needed are a wash-boiler with a cover or some other covered cooker that is deep enough to allow the water to cover the jars at least an inch and a rack to keep the jars from resting on the bottom of the boiler and to allow the water to circulate under them. Do not use straw or cloths. The rack can be very roughly made of laths or slats of any kind.

To cook one jar at a time use a pail, sufficiently deep to permit the water to come an inch above the top of the jar, and in place of the rack an old tin plate with holes in it.

A bent wire or a long-handled button-hook will be needed to lower the jars into the water and to take them out.

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To "Process"

This word will be used in the following recipes because it saves a great deal of repetition. It means to put the jars into a boiler or pail, as described above, and cook the length of time given in the recipe. The boiler or pail must be kept covered and the time must be counted after the water begins to boil all over the jars.

After processing never open the jars; if they are not full it will do no harm if the work has been done according to directions and the jars are air-tight. To test wait until they are *perfectly cold* and then undo the wire clamps and try to raise the glass tops, if they come off in the hand they are not air-tight and must be done over, refilling and using new rubbers.

Sometimes in processing the rubber gets misplaced or breaks and it is necessary to open the jar to put on a new rubber; half seal the jar as before, put it back directly, and process it at least five minutes.

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Preparation and Care of Jars

Jars should be washed clean and fitted with covers and good rubber rings before the work of canning is begun. Just before filling they should be sterilized by dipping and rolling about in water that is boiling, or they may be put in a pan of cold water and be brought to a boil. Avoid touching the inside of the jar after it has been sterilized. Dip the rubbers in hot water before putting them on the jars. Jars should always be kept in a dry place; if they are left where it is damp, the rubbers are likely to become soft so that the jars are not air-tight and the fruit may spoil.

To avoid broken jars observe the following rules: —

If the recipe calls for water or syrup, be careful to have it about the same temperature as the fruit and the jar, and see that the water in the boiler is the same. Jars filled with hot or warm water must not stand any length of time before going into the water bath.

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Never seal jars tight when putting them into the boiler; half seal by turning up the wire that holds the cover on the jar but do not turn down the spring that closes the jar air-tight. If the jar has a screw top do not screw tight. If the jar should be sealed air-tight when put into the boiler to process, it would be likely to burst when the contents began to get hot and expand. Sometimes the jars are taken out when they have been in half the given time and sealed and then finished; this can be done safely.

When jars are taken from the boiler and sealed air-tight they must not be set on a cold surface or in a draft. A wooden shelf or board is the best place to set them and a towel thrown over them will protect them from a draft. If the jars are new there is no better place to put them than right back into the cases in which they came.

Preparation of Fruit and Vegetables

Never use fruit or vegetables that are over ripe. The water used to fill the jars

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must be free from iron or ammonia in order to have good results. All measures given are *level.*

Vegetables to can should be young and they should be perfectly fresh; if possible put them up the day they are gathered. If stale and wilted vegetables are used they may, when opened, have a disagreeable smell and sour taste although they have apparently kept well.

Apples, pears, and peaches may be dropped into cold water as soon as they are peeled to keep them from turning dark.

Always wash strawberries before hulling and currants and grapes before taking them from the stems, otherwise a great deal of juice is lost and the flavor is impaired. Put the strawberries in a colander and gently souse them up and down in a pan of cold water.

Fruit and vegetables before being put into the jars are either steamed or scalded, as the rule directs, and then are plunged into cold water. This does various things. It is

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the first process toward sterilization; it fixes the color in green vegetables; it loosens the skin on peaches and tomatoes, and the cold plunge hardens the pulp and prevents them from becoming mushy.

When the rule calls for steaming, if there is no steamer at hand, use any large covered kettle with a colander that will fit into it. Put enough water into the kettle to give steam, but not enough to reach the vegetables when they are in the colander. Lay the vegetables on a piece of cheesecloth and tie loosely before putting them in the colander, so that they can be more easily handled.

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CANNED VEGETABLES

Asparagus

Wash the asparagus, and if there is sand under the scales, scrape them off. Cut the stalks the length of a quart jar, or in inch pieces, as preferred. Steam ten minutes and plunge at once into cold water for a moment. Fill the jars as full as possible, add one teaspoonful of salt and fill with water. It may be necessary to work down the sides of the jar with a silver knife blade to release the bubbles. Put on rubber ring and half seal. Process one hour.

If the jars are to go in the boiler at once they may be filled with hot water and the water in the boiler may then be hot. This saves time because the water begins to boil sooner. If there are many jars to do and they must stand about in the air they must be filled with cold water, and the water in the boiler must be cold when the jars are put in.

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Letting vegetables stand partly warm for a time after they are in the jar develops a disagreeable taste known as "flat sour," and although they may not look spoiled, they will not be fit to eat.

Seal each jar air-tight as soon as it is taken from the boiler.

Beets

Boil beets till tender, then scrape off the skin. If the beets are small put into the jars whole; if large, slice them. Fill jars with water or with a mixture of one part vinegar to four parts water, add one teaspoonful of salt to each quart jar; half seal and process one hour. Take from the boiler and seal air-tight.

Brussels Sprouts

Follow the rule for spinach, only process one and a half hours.

Carrots

Scald young, small carrots in boiling water for ten minutes, then plunge into cold

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water. Remove the skins and pack in jars, either whole or sliced, then add a teaspoonful of salt to each quart jar and fill with water. Process one hour.

Use this same recipe for kohl-rabi.

Cauliflower

Break into flowerets and parboil in boiling water five minutes; plunge into cold water. Pack in jars, add one teaspoonful of salt to each quart, fill jars with water and half seal. Process one hour.

Corn

The old method of canning corn, peas and lima beans was to process them for an hour on three successive days, sealing the cans each time they were taken from the boiler and loosening them again each time they were processed. This, besides being a great deal of work, impaired the flavor, and a simpler method is better.

Corn is the most difficult vegetable to can and all directions must be followed care-

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fully.[1] It must be just the right age, between the milk and the dough, that is when it is full of milk but has not begun to harden, and it must be canned within a few hours of picking.

Husk, and remove the silk with a stiff brush. Steam it on the cob for five minutes and then plunge into cold water. Cut the kernels off and rub the knife down the ear to get out all the milk. As soon as there is enough, fill a jar, add one teaspoonful of salt to each quart and, if desired, the same amount of sugar; water may be added, but do not fill quite to the top, for corn swells and may burst the jar. Half seal, put it at once into the boiler, and process four hours.

Cucumbers

Use large green cucumbers. Peel and cut in inch pieces. If the seeds are hard cut them out. Steam for five minutes, plunge in cold water; pack jars, add salt (one teaspoonful to a quart), fill jars with water,

[1] It is better to dry corn than to can it.

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half seal, and process one hour. Cucumbers prepared this way can be fried in batter, warmed in a cream sauce, or used for the foundation of cream soup.

Egg Plant

Peel and slice, drop into boiling water for five minutes, plunge into cold water. Put into jars, add salt (one teaspoonful to a quart), fill jars with water, half seal, and process one hour.

Kale

This is better after it has been touched by the frost. Wash well and steam fifteen minutes, plunge into cold water and pack into jars, add one teaspoonful of salt to each quart, and fill the jars with water, or, if preferred, a mixture of vinegar and water may be used. Half seal and process one and a half hours.

Leeks

These are delicious and very easily grown. Cut off tops and wash well. They will be

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about the length of pint jars. Steam ten minutes and plunge into cold water. Put them into pint jars all standing one way; add one-half teaspoonful salt to each jar, half seal, and process one hour.

Okra

Gather it while the pods are tender. Blanch in boiling water for five minutes and plunge in cold water. Cut in slices and fill jar, add a teaspoonful of salt to each quart, and fill the jar with water. Half seal, and process one hour.

This is used combined with tomato or corn, or in soup, especially chicken, as thickening and for the flavor.

Peas

The peas must be tender but not too young. Parboil for five minutes and then plunge into cold water. Fill jars and add one teaspoonful of salt to each quart jar. Fill jars with water, half seal, and process one and a half hours.

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Peppers

Cut out stem end of green or red peppers, remove *all* seeds. Parboil for five minutes and plunge into cold water. Pack in jars, add a teaspoonful of salt to each quart jar, fill with water, half seal, and process one hour.

Spinach

Clean the spinach thoroughly, steam it for fifteen minutes, and plunge it in cold water. Fill jars, and if there is room add water, or, if preferred, vinegar may be used. To each quart add a teaspoonful of salt, half seal, and process one hour.

This same recipe is to be used for all greens, — Swiss chard, dock, dandelions, milkweed, or a combination of lettuce and mustard.

Squash and Pumpkins for Pies

Prepare squash by steaming and mashing it; to each quart of pulp add one cup of sugar and a teaspoonful of salt. Pack jars,

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but not too full, for it will swell in cooking. Half seal jars and process one hour.

String Beans

String and cut as for cooking. Parboil in boiling water for five minutes and plunge into cold water. Fill jars and add salt (a teaspoonful to a quart), fill jars with water and half seal. Process for two hours.

Beans that have been cooked for dinner and left over may be put in a jar and processed in any pail that will allow water to cover the jar.

Summer Squash

If young and tender, cut in pieces without peeling. Steam five minutes and plunge in cold water. Or, if preferred, it may be steamed till tender and mashed. Fill jars with the cut squash and add one teaspoonful of salt to each quart jar; fill with water. If the squash is mashed, do not fill the jars quite full, and use no water. Half seal, process one hour.

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Winter squash and pumpkins can be done by this same rule.

Stalks of Swiss Chard

Cut the stalks in inch lengths, or in the length of the jar, if that is preferred. Steam ten minutes and plunge into cold water. Fill jars, add one teaspoonful of salt to each quart, fill with water, and half seal. Process one and a half hours.

Tomatoes

Scald the tomatoes and plunge into cold water. Peel and pack whole into jars, or they may be cut into quarters or sliced. Add a teaspoonful of salt to each quart but no water. Half seal, and process twenty minutes.

Tomatoes, Peppers, and Onions

Scald and plunge the tomatoes into cold water, and peel. Take the seeds from green peppers and parboil for five minutes. Chop peppers fine and add the same amount of

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chopped onion. Cook for a few minutes in a little butter in a covered pan to soften but not color. To every quart of tomatoes add two tablespoonfuls of the mixed peppers and onion and one teaspoonful of salt. Half seal jars and process twenty minutes.

Vegetable Gumbo

Scald and slice two quarts of okra, scald and peel two quarts of tomatoes; to these add three onions and three green peppers chopped fine (discard the seeds), and three slices of bacon cut in small pieces. Boil together for fifteen minutes and fill hot jars. Process one hour.

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CANNING WITHOUT SUGAR

Apples

WASH, peel, and core the apples and cut in eighths. Pack in jars that have been scalded and cooled. Fill the jars with water, releasing the bubbles with the blade of a silver knife. Put on rubbers and half seal. Process twenty minutes.

Blueberries

Pick over and wash the berries carefully and drain them. Pack into hot jars, shaking to make them settle so the jars will be as full as possible. Pour boiling water over them, working down into the jar with a knife to let out the bubbles, go over them and add more water as needed until the jars are full; when running over fasten air-tight and keep in a cool dark place.

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Cherries

Wash first and then stem and take out the pits. Pack jars and be sure the bubbles are all out; if there is not juice enough to fill the jars add water. Half seal and process half an hour.

Cranberries

Wash the cranberries and pick over carefully, discarding all broken and imperfect fruit. Scald and cool jars, pack full of berries and fill with cold water free from mineral salts. Run a knife down the sides of the jars to release all the bubbles and when the water is overflowing fasten the jars air-tight. These keep very well in a cool dark place. Look at them the next day and if not full, open and fill with water.

Green Gooseberries

Wash the berries and pack into jars that have been scalded and cooled. Fill the jars with clear cold water, running a silver knife

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blade down the sides to release the bubbles. When the jar is overflowing, seal air-tight.

Pears

Wash, peel and halve pears and pack in jars. Fill with water and half seal; process, if ripe, twenty minutes; if hard, half an hour.

Rhubarb canned cold (1)

Scald cans and covers and let them get cold. Cut off the rhubarb leaves, wash and scald the stalks, and then plunge them into cold water. Cut in inch lengths and fill the jars full, add cold water till the jars are running over and all bubbles are out. Put on rubbers and caps and fasten tight. Look at the jars the next day and if the water has settled, add more.

Rhubard canned cold (2)

Have jars scalded and cool. Scald and cool a meat chopper, and put the rhubarb through it, using the largest cutter. As you cut enough, fill a jar and seal it before cut-

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ting more. Keep the jars in a cool, dry place and do not disturb them until they are to be used.

Rhubarb

Wash the stalks, then pour boiling water over them and put them quickly into cold water. Cut into inch lengths without peeling them. Fill the jars as full as possible, add water to fill the jars, using a silver knife-blade to let the bubbles out. Half seal and process twenty minutes.

Strawberries (1)

Do not use any over-ripe berries. Wash and hull, then mash the berries well with a silver fork and pack into jars that have been scalded; half seal and process twenty minutes. These do not look as nice as if they were kept whole but the flavor is better because there is no water added.

Currants, blackberries, and other small fruits can be done the same way.

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Strawberries (2)

Wash, drain, and hull the berries, pack in jars and fill with water; half seal and process twenty minutes. This is not a desirable way to put up strawberries. The best way to keep them whole without sugar is to dry them, for they keep their flavor better that way than in the water.

Many recipes say to fill the jar with syrup after the berries are packed: this is not good, for the berries shrink and there is not much but syrup when they are finished.

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CANNING AND PRESERVING WITH SUGAR

Apple Butter

TAKE two gallons of sweet cider and boil down one third. Add apples peeled, cored, and cut in quarters; boil rapidly for two hours and add sugar to taste. Some people like it quite tart, others sweet. Boil until it is thick. This will keep in a stone crock with cotton batting tied over the top if it is stored in a cool *dry* place. Otherwise seal it in air-tight jars. It will keep a long time after the jars are opened.

Preserved Green Apples

(*Something very unusual*)

Gather apples when they are the size of walnuts. Leave the stalk and a leaf on for flavor. Wash them, put a handful of clean grapevine leaves in the kettle and then a layer of apples; continue these layers, hav-

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ing a thick layer of vine leaves on top. Fill kettle with water and simmer till apples are tender. Take out of kettle and take off skins. When the water and vine leaves are cold put back the apples with a teaspoonful of rock alum; cook slowly till green, then drain. Make a good syrup in which boil the apples gently for a short time. Repeat the boiling for a few minutes the next two days. Put up in small jars.

Sour Cherries

Wash first, then stem and take out the pits. Measure and take an equal quantity of sugar; put the cherries and the sugar in layers in shallow dishes and stand over night. In the morning bring slowly to a boil to dissolve the sugar. Put in jars and process twenty minutes. Cherries may be sun-cooked like strawberries instead of canning and are very delicious.

Elderberries

Elderberries are not always appreciated as they should be. They are very good used

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for pies, and combined with other fruit they give a delicious flavor.

Green Grape and Elderberry Preserve

Wash and cut the grapes and take out the seeds. Allow equal quantities of each or, if desired, more elderberries. Weigh the fruit and use an equal amount of sugar. Put the fruit to boil with a very little water, just enough to show through the grapes. Boil for a few minutes, then add about one third of the sugar; boil without stirring for a few minutes more, then add more sugar and repeat this until all the sugar has been used. Boil till the syrup jellies, then turn into small jars and seal.

Green Grape Bar-le-Duc

Wash the grapes, cut them in halves and remove the seeds. Weigh grapes and allow sugar pound for pound. Put the grapes in a kettle with enough water to come half way to the top layer of fruit. Heat slowly and when near the boiling point sprinkle in sugar

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a little at a time, adding more as it melts. Do not stir. When syrup has formed, skim and simmer till it jellies. Seal in small glasses.

Peach Conserve

(*Made from dried peaches*)

One pound of dried peaches soaked overnight in one quart of cold water. In the morning add one cup of seeded raisins, one cup of walnut meats, one orange put through the meat chopper, juice of an orange and of a lemon, and one pound of sugar. Let it boil slowly for an hour or a little more, being careful that it does not burn.

To Can Baked Pears

Use any pears that are not ripe enough to be soft. Scald or wash clean. Pack in crock, cover with water, and add sugar enough to sweeten to taste. Bake slowly in a moderate oven till tender and red. They can be packed in the jars at once or left till the next day. There should be syrup enough

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to fill the jars; half seal and process half an hour.

Any syrup that is left over can be used for other pears or for sweet pickle.

Raspberries

Weigh the berries and then wash and drain. Put in layers with their weight of sugar and let them stand overnight. In the morning bring to a boil, fill jars full and put on rubbers and half seal jars. Put them either in a pan of water in a moderate oven, or in the washboiler with water two thirds up the jar, and cook twenty minutes. Seal at once.

When canning very juicy fruit, like strawberries, pineapple, or raspberries, it is better to let them stand overnight with the sugar to form their own syrup than to make a syrup with water.

Raspberry and Currant Jam

To each quart of raspberries add one pint of currants. Mash and put in a warm oven

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till the juice starts to flow. Mash them through a sieve to get out the seeds. Measure the pulp and put an equal amount of sugar to warm in the oven. Boil the pulp twenty minutes or less if it seems thick, add the sugar and stir till dissolved.

Rhubarb Canned with Sugar

(*A very delicious dish*)

Wash and cut the rhubarb in inch lengths without peeling. Weigh and allow three-fourths of a pound of sugar to each pound of rhubarb. Put rhubarb and sugar together in a dish and cover; steam till tender but not broken. Fill jars with the hot rhubarb and put covers on but do not tighten; set back in the steamer or in the washboiler (*do not let water cover the tops of jars*) and cook half an hour; fasten tops and when cold wrap in paper and keep in a cool place.

Strawberries

Wash the berries and drain before hulling them. When hulled, weigh them, and allow

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a pound of sugar for each pound of fruit. Put fruit and sugar in layers in rather shallow agate pans and let them stand overnight. In the morning bring to a boil and fill jars, put on rubbers and covers but do not seal tight; set in a pan of water and put in a moderate baking oven for an hour, or they may be cooked in the washboiler with water three quarters up the jar for twenty minutes. As soon as taken out, fasten the jars tight.

Sun-cooked Strawberries

Wash the berries and drain before hulling them. Weigh them and allow a pound of sugar to each pound of fruit. Put in layers in shallow agate pans and let them stand overnight. In the morning bring to a boil; do not cook after they scald up once. Put the pans in the hot sun and cover with netting, bring in at night and put out the next day. Cook in the sun this way until the syrup has cooked down and is thick and the berries are transparent. If the sun is hot and they are in it all day they should be finished

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at the end of the second day; otherwise it will take three days. If there are two or three cloudy days it will not hurt them to stand till the sun shines.

Uncooked Strawberries

Use only perfect berries, no matter how small. Mash thoroughly with a silver fork, doing a few at a time. Measure them and add an equal amount of sugar. Mix well and let them stand overnight in the ice box or a cool place. Fill small jars to the brim and seal. Keep in a cool, dark place.

This is one of the methods that works well only where the jars can be kept in a cool temperature and not transported.

Tomato Figs (1)

Peel and weigh small firm tomatoes. To sixteen pounds of tomatoes add six pounds of sugar. Cook together without water until sugar penetrates and the tomatoes are clear. Take out, flatten the tomatoes in layers on

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shallow dishes and dry in the sun. A little of the syrup should be sprinkled on them when drying. Pack in boxes with powdered sugar between the layers.

Tomato Figs (2)

Scald small, firm tomatoes and plunge at once into cold water, then take off the skins without breaking the fruit. Weigh the tomatoes and allow half as much sugar; put fruit and sugar in layers in a crock or enameled dish and let them stand for twenty-four hours. Drain the juice from the tomatoes, measure it, allow the same amount of sugar as juice and boil and skim it. Drop the tomatoes into the boiling syrup and cook until they look clear, pour back into the crock and let them stand for two days. Drain off the syrup, bring it to a boil and pour over the tomatoes. After two days take the tomatoes from the syrup and let them stand in the sun until they are quite dry. Turn them twice a day. If it is cloudy they can be dried in a cool oven or in the

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evaporator. When dry pack in wooden boxes with powdered sugar between.

The syrup that is left can be used in sweet pickle.

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JELLIES AND FRUIT PASTES

WHEN making jelly never try to boil more than two quarts of juice in a kettle. The earliest method of making jelly was to boil down the juice without sugar till it became a paste. This is still done in Persia and northern India and is a most delicious confection.

The juice of pears will jelly without sugar by long baking in a covered dish.

Apple Juice to be used later for Jelly

Wash and core the apples, then quarter them without peeling. Put into a kettle with water just high enough to show, boil till the apples are soft, put in jelly bag and let them drip overnight. In the morning fill jars with the juice and partly seal the jars. Set in boiler on slat rack and put in cold water to cover jars. Cook twenty minutes after it comes to a boil. Take the jars from

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the water and seal each one tight before taking another out.

This same rule should be used for grapes, either green or ripe, and beach plums.

Apple Juice for Spiced Jelly

Wash and quarter the apples, and to every peck add one pint of vinegar and half a cup of mixed whole spices, discarding the red peppers. Boil till apples are soft, and strain through a jelly bag. Fill jars, and process twenty minutes; seal. To make the jelly, pour the contents of one quart jar into a saucepan and boil hard forty minutes, add two pounds of sugar that has been heated in the oven. This should set without more cooking.

To make fruit juice into jelly in the winter, open a quart jar of the juice and put it on to boil, put one quart of sugar in the oven to warm. When the juice has boiled hard for half an hour add the sugar, and as soon as it is dissolved, try the syrup on a cold plate; it should set then, but if it does

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not, boil until it does. This will taste very fresh and good.

The juice of apples and quinces makes a rich confection without sugar. Boil fast at first and then simmer till thick. Be careful that it does not burn.

When making jelly or jam from berries avoid adding water by putting berries in an earthenware dish or crock and heating them in the oven till the juice flows; then put into a jelly bag and let them drain. Measure juice and put an equal amount of sugar in the oven to warm. Boil the juice twenty minutes and then stir in the hot sugar and keep it hot, stirring all the time till the sugar is dissolved. Pour into jelly glasses. This should set quickly unless the berries were over ripe.

Making the jelly without boiling the juice and sugar together gives a much finer flavor and brighter color.

For apple and quince jelly, which look better when they are red, set the pan on the back of the stove till the jelly has the desired color.

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Rhubarb Jelly

This cannot be made until August as the jelly will not set earlier in the season. The pectin does not develop earlier.

Cut and boil the rhubarb with as little water as possible. Strain through a jelly bag. Measure the juice and put it back to boil. After it has boiled thirty minutes, add an equal amount of sugar, and when it is dissolved, try it. It should jelly then, but if it does not, boil it until it does.

Fruit Pastes

The old English fruit pastes are crushed fruit thickened with sugar and scalded but not boiled. This is spread on sheets of glass and dried either in the sun or in a cool oven. The paste keeps without trouble and can be used as it is or stewed with water.

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SALTING

To Make Brine

HAVE a pail of boiling water on the stove, to which add as much coarse salt as the water will dissolve. Let it become thoroughly cold before using.

String Beans

To one bushel of beans use one pint of salt. Wash, string and cut the beans and mix thoroughly with salt. Put a bag of unbleached muslin in a clean, water-tight butter firkin or stone crock. Fill bag with beans, close, and tie with a string; put a board and stone to weight it down. Make a brine that will float an egg, and when cold, pour it over the bag of beans. When some are wanted, take them from the bag and tie it up again. Soak them overnight and cook in fresh water; it may be necessary to change the water once while they are cooking.

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Cauliflower

Boil five minutes, and when cold, cover with cold brine. After two days turn off brine and add more salt to it and boil. When cold pour it over the cauliflower and weight down.

This recipe may be used for other vegetables. Peas should be cooked for ten minutes.

Corn on the Cob

Take off all but the last thin layer of husk; turn that back and take off all the silk. Tie the thin layer of husk tight over the corn and pack it in salt. Add a strong, cold brine.

Cucumbers

Dissolve one quart of salt and one ounce of saltpetre in twelve quarts of boiling water; let it stand overnight and put it in a water-tight butter firkin. Add cucumbers from day to day, keeping them under the brine with a board and stone.

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Dandelions

Clean and wash dandelions. Make a gallon of brine strong enough to float an egg. Put dandelions in a cotton bag, in a crock or water-tight butter firkin. When the brine is perfectly cold pour it over the dandelions and weight down with a board and stone. Dandelions may be added from time to time, and after the first, will make their own brine.

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PICKLING

Carrots

WASH fifty small spring carrots, boil them five minutes, drain, and pour over them a spiced boiling vinegar. Seal in glass jars.

Sweet Pickled Cherries

Wash, stem, and stone the fruit, and cook it in sweet pickle vinegar twenty minutes. Seal in small jars.

Corn

Pick ears when they are two inches long. Boil them five minutes and put in a jar or crock; pour boiling vinegar over them and let them stand two days. Drain, and put ears in glass jars. Boil vinegar and add salt and pour over corn and seal.

Sweet Corn Pickle

Cut corn from one dozen large uncooked ears; chop fine one large head of cabbage,

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six green peppers, discarding all the seeds, eight onions, and three bunches of celery (or three tablespoonfuls of celery seed). Add three cups of brown sugar, three pints of vinegar, six tablespoonfuls of dry mustard, two tablespoonfuls of tumeric. Boil forty-five minutes and seal in jars.

This is very delicious and inexpensive.

Crab Apples

Wash clean and parboil fifteen minutes, put in sweet pickle, and cook till tender.

Peaches

Scald, and either peel or rub hard with a towel to take off the fuzz. Drop in sweet pickle and cook till tender.

Pears

Peel or not, as you like. Make a syrup of one pint of vinegar and two quarts of sugar, with three-quarters of a cup of whole spices, which come all mixed for pickles (first taking out all but six of the red peppers), and one

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teaspoonful of salt. When the syrup boils, drop in the pears and cook till tender; try them with a wooden toothpick. Pack in jars, and when all are packed, fill the jars with the boiling syrup. These can be sealed and put away without processing.

Sweet Pickled Quinces

Peel, quarter, and core the quinces, and boil them in a very little water until tender. Put in sweet pickle vinegar and cook twenty minutes. The water the quinces were boiled in may be used for jelly.

Shallots

Peel and place in jar with plenty of salt. After two days pour off liquid and dry the shallots in the air a few hours. Put in jar and pour over them boiling spiced vinegar, until the jar is full.

Tinker Mackerel

Cut off the heads and clean one hundred little mackerel, known as "tinkers," and put them in crocks or earthenware dishes. Pour

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over them the following pickle: — one gallon of cider vinegar, two cups of sugar, four level teaspoonfuls of salt, and half a cup of mixed whole spices. Bake six hours in a slow oven. When cool, pack in jars, fill with the pickle, and half seal. Process forty-five minutes with water three quarters of the way up the jar. Be sure to have cover on boiler.

Sweet Pickle to Use with Different Fruits

Boil together two cups of cider vinegar, four pounds (two quarts) of sugar, one-half ounce ginger root, two teaspoonfuls of allspice, one teaspoonful of cloves, two teaspoonfuls of cinnamon, one-half teaspoonful of mace, and one teaspoonful of salt. All the spices but the ginger are measured ground. This is enough for about seven pounds of fruit.

If the fruit to be pickled has been in salt omit salt from the pickle. Boil the fruit in this pickle as directed.

A piece of horseradish put in a jar of pickles will keep the vinegar from losing its strength and the pickles will keep better.

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VINEGAR

Cider Vinegar

Put cider in a barrel or keg. The bung-hole must be left open and protected from insects by tacking a piece of cheesecloth over it. Keep in a moderately warm place. It will be ready for use in from four to six months. If a very strong vinegar is desired, add three tablespoonfuls of brown sugar to each gallon of cider.

Potato Vinegar

To two gallons of water that potatoes have been boiled in add one pound of brown sugar and one cake of yeast dissolved in a little warm water. Keep in a warm place for three or four weeks. There should be a chance for it to ferment; if it is in a jug the cork must be left out and a piece of cheese-cloth tied over the top of the jug. It is said that cucumbers cut fresh from the vine will keep in this vinegar without salt.

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Corn Vinegar

Add to one gallon of water one pint of brown sugar and one pint of corn cut from the cob. Put it in a jar and cover with a cloth; set in the sun for three weeks and the vinegar will be ready for use.

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MISCELLANEOUS

Brown Coloring and Seasoning for Sauces and Soups

PUT vegetables through the meat chopper and measure after chopping one cup of onion, one half cup of carrot, one half cup of green peppers (without seeds), one cup of celery or two tablespoonfuls of celery seed, and one slice of a clove of garlic. To this add three cups of water and three cups of sugar; boil slowly for half an hour, adding more water if it begins to thicken. Strain through a fine sieve; put the syrup to boiling again and boil all the water away, cooking till it is a dark brown. Take from the fire and cool a little. It will be like badly burnt candy. Add two cups of cold water and simmer slowly till the candy is all dissolved. Bottle.

To Preserve Butter

Melt perfectly fresh butter in a double boiler; when melted, bring the water in the

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lower pan to a boil and skim off from the butter the albuminous bodies which coagulate and rise. When no more scum rises let the water go off the boil but keep it hot enough for half an hour to keep the butter melted. In this way whatever buttermilk there may be in it will settle. Ladle the butter into a stoneware or glass jar, cool quickly, and when cold, cover with paraffin just warm enough to pour.

Tomato Butter

Scald and plunge into cold water eight pounds of ripe tomatoes; peel, and add four pounds of sugar and one pint of vinegar; boil till they begin to thicken, then add one teaspoonful of cloves, one tablespoonful of mace, two tablespoonfuls of cinnamon, one teaspoonful of allspice. Cook till very thick, being careful not to burn. Spoon measurements should be level.

Tomato Mince-Meat

One peck of green tomatoes, two quarts of apples, four pounds of brown sugar, three

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pounds of raisins, one cup of suet, one cup of boiled cider, two teaspoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful of salt, one nutmeg grated, one half teaspoonful of black pepper.

Chop the tomatoes, pour boiling water over them, and let them stand one hour; drain; chop the apples without peeling. Mix all together.

Serving Canned Fruits and Vegetables

When canned vegetables or fruits are to be used, the flavor will be improved if the jar is opened at least two hours before it is needed and the contents turned into a shallow dish.

THE END

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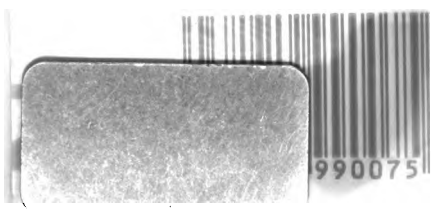

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